



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Menzel, Michael

00: Berka/Werra

00: 149

00: 9.75 km

10 km Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 49:58

00: 11.71 km/h

0000: 5:07 min/km

00000/000: 45 (of 220)

00000/0: 39 (of 126)

000000: 35:30

00000: 10(of 22)

0000000: 35:53

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	16:30	5:04	12	5:14	45	5:17	3.25	16:30	5:04	12	5:14	45	5:17
00 2	3.25	16:37	5:06	9	16:36	35	16:36	6.50	33:07	5:05	10	15:46	40	15:46
000 00	3.25	16:51	5:11	8	4:28	31	4:39	9.75	49:58	5:07	10	14:05	39	14:28